

Yoonseok Choi

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Updated: June 2026

EDUCATION & TRAINING

2025–2028	Postdoctoral Fellow Lifelong Health and Wellbeing Lab (PI: Dr. Theresa Pauly) <i>Gerontology, Simon Fraser University</i>	<i>Vancouver, Canada</i>
2020–2025	PhD , Health Psychology (Advisor: Dr. Christiane Hoppmann) Minor in Quantitative Psychology <i>University of British Columbia</i>	<i>Vancouver, Canada</i>
2018–2019	MA , Social Psychology (Advisor: Dr. Jinkyung Na) <i>Sogang University</i>	<i>Seoul, Korea</i>
2016–2017	BA , Psychology <i>Sogang University</i>	<i>Seoul, Korea</i>
2011–2014	BA , Business Administration <i>Konkuk University</i>	<i>Seoul, Korea</i>

FELLOWSHIPS, AWARDS AND HONORS

FELLOWSHIPS

2025–2028	Canadian Institutes of Health Research Postdoctoral Fellowship (70,000 CAD yearly) Awarded to support postdoctoral research on the role of social resources for aging immigrants' health care access and utilization in Canada using Canadian Longitudinal Study on Ageing data (rank: 5/153, top 3.3%)
2021–2025	Four Year Doctoral Fellowships & Tuition Award, UBC (~28,000 CAD yearly) Awarded to outstanding doctoral students to support full-time research and graduate study at the University of British Columbia.
2018–2019	Albatross Scholarship, Sogang University Awarded to top 10% graduates in their respective fields which covers full tuition and enrollment fees during regular semesters
2016–2017	Next Century Humanities Scholarship, The Korea Student Aid Foundation (KOSAF) ~12,000 CAD yearly) Awarded to top undergraduate students majoring in humanities and social sciences, focusing on academic excellence and fostering next-generation leaders with tuition coverage and stipends.

AWARDS & HONORS

2024	Delroy L. Paulhus Scholarship, UBC Psychology (1,350 CAD) Awarded to outstanding Ph.D. students in the Department of Psychology who have achieved candidacy
2024	Edwin S.H. Leong Healthy Aging Trainee Travel Stipend (500 CAD)
2023	Quinn Exchange Fellowship, UBC Psychology (3,000 CAD) Awarded to support cultural research in South Korea on everyday goal pursuit across the adulthood (exchange partner: Hansol Kim, Sogang University)
2023	Faculty of Arts Graduate Award, UBC (2,500 CAD)

2023	Excellence in Health Psychology Research Award, UBC Psychology (500 CAD) Awarded to outstanding students in the area of Health Psychology for their academic accomplishments
2022	Graduate Student Travel Award, UBC (500 CAD)
2022	Behavioral and Social Sciences Student Travel Award, GSA (280 USD)
2020	Faculty of Arts Graduate Award, UBC (16,096 CAD)
2020	R Howard Webster Foundation Fellowship, UBC Green College (2,500 CAD)
2020–2024	President's Academic Excellence Initiative PhD Award, UBC (~1,500 CAD yearly)
2020–2024	International Tuition Award, UBC (3,200 CAD yearly)
2020	Travel Award, SPSP (1,000 USD)
2016–2017	Award of Academic Excellence, Sogang University (2016 Fall semester, 2017 Fall semester)

RESEARCH AWARDS & GRANTS

2026–2028	SSHRC Insight Development Grant (69,304 CAD) - Project Title: Avoidance Motivation in Older Age - Role: Principal Investigator (Co-I: Theresa Pauly)
2023	Dean of Arts Graduate Student Research Award, UBC (1,000 CAD) - Project Title: Culture and Regulation in Everyday Affect and Motivation Study

PUBLICATIONS (*Co-first authors)

- Zambrano Garza, E. *, **Choi, Y.***, Lee, J., Birthelmer, S., Gerstorff, D., Wrosch, C., Rothermund, K., & Hoppmann, C. A. (in press). Feeling Young and Old Together: Older Couples' Synchrony in Daily Subjective Age and the Role of Everyday Problem Solving. *The International Journal of Behavioral Development*
- Neupert, S. D., Luo, M., Mukherjee, S., Can, R., Kornadt, A., Palgi, Y., Shrira, A., Rothermund, K., Röcke, C., Senyk, O., Khorob, K., Hoppmann, C. A., Lee, J., **Choi, Y.**, Nikitin, J., Li, T., & Wirth, M. (2026). Daily Ageism, Subjective Age, and Memory Failures: A Multi-Country Integrated Data Analysis. *International Journal of Behavioral Development*, 01650254261471354. <https://doi.org/10.1177/01650254261471354>
- Lee, J., **Choi, Y.**, Rothermund, K., & Hoppmann, C. A. (2026). Older Adults' Everyday Perceptions of Ageism: The Role of Television and Social Media. *International Journal of Behavioral Development*, 01650254261477664. <https://doi.org/10.1177/01650254261477664>
- Lewis, N. A., **Choi, Y.**, Lay, J., Lu, M., Jiang, D., Fung, H. H., Graf, P., Mahmood, A., & Hoppmann, C. A. (2026). My Purpose Drives Me Forward: Sense of Purpose and Thinking About the Future in Daily Life. *International Journal of Behavioral Development*, 01650254261432812. <https://doi.org/10.1177/01650254261432812>
- Park, J., Li, Y., **Choi, Y.**, Na, J., Zhu, Y., & Martin, A. (2025). Cultural shaping of emotion differentiation: Socially engaging and disengaging emotions. *Emotion*. <https://doi.org/10.1037/emo0001553>
- Choi, Y.**, Zambrano Garza, E., Pauly, T., Ashe, M. C., Madden, K. M., Gerstorff, D., & Hoppmann, C. A. (2025). Everyday emotion–goal pursuit associations in older adults are moderated by goal representations. *Communications Psychology*, 3(1), 1–12. <https://doi.org/10.1038/s44271-025-00213-w>
- Zambrano Garza, E., Pauly, T., **Choi, Y.**, Murphy, R.A., Linden, W., Ashe, M.C., Madden, K.M., Jakobi, J.M., Gerstorff, D., Hoppmann, C.A. (2025). Social Resources for Everyday Physical Activity During Times of Challenge. *Couple and Family Psychology: Research and Practice*. <https://doi.org/10.1037/cfp0000277>
- Zambrano Garza, E., Pauly, T., **Choi, Y.**, Murphy, R. A., Linden, W., Ashe, M. C., Madden, K. M., Jakobi, J. M., Gerstorff, D., & Hoppmann, C. A. (2025). Everyday Social Support for Health Behaviours in Older Adults

during Times of Challenge: Evidence from Daily Life Assessments. *Canadian Journal on Aging / La Revue Canadienne Du Vieillissement*, 44(2), 215–224. <https://doi.org/10.1017/S0714980824000412>

Ramachandran, A., Chignell, S., **Choi, Y.**, & Vertinsky, P. (2024). Using a Mixed-Methods Approach to Examine the Expanding Reach of Body Classification into the Twenty-First Century. *Journal of Sport History*, 51(1), 1–31. <https://doi.org/10.5406/21558450.51.1.01>

Choi, Y., Lay, J., Lu, M., Jiang, D., Peng, M., Fung, H. H., Graf, P., & Hoppmann, C. A. (2024). Age differences in the experience of everyday happiness: The role of thinking about the future. *Psychology and Aging*, 39(1), 1–13. <https://doi.org/10.1037/pag0000782>

Zambrano Garza, E., Pauly, T., **Choi, Y.**, Murphy, R. A., Linden, W., Ashe, M. C., Madden, K. M., Jakobi, J. M., Gerstorf, D., & Hoppmann, C. A. (2024). Daily solitude and well-being associations in older dyads: Evidence from daily life assessments. *Applied Psychology: Health and Well-Being*, 16(1), 356–375. <https://doi.org/10.1111/aphw.12494>

Broen, T., **Choi, Y.**, Zambrano Garza, E., Pauly, T., Gerstorf, D., & Hoppmann, C. A. (2023). Time-varying associations between loneliness and physical activity: Evidence from repeated daily life assessments in an adult lifespan sample. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.1021863>

Choi, Y., Pauly, T., Zambrano Garza, E., Broen, T., Gerstorf, D., & Hoppmann, C. A. (2023). Having time to oneself in times of extended togetherness: Solitude experiences during the COVID-19 pandemic. *Applied Psychology: Health and Well-Being*, 15(1), 217–237. <https://doi.org/10.1111/aphw.12401>

Zambrano Garza, E., Pauly, T., **Choi, Y.**, Broen, T., Gerstorf, D., & Hoppmann, C. A. (2023). Time-varying daily gratitude-affect links across the adult lifespan. *GeroPsych: The Journal of Gerontopsychology and Geriatric Psychiatry*, 36(2), 63–74. <https://doi.org/10.1024/1662-9647/a000304>

Hong, S., Suk, H. W., **Choi, Y.**, & Na, J. (2021). Face-Based Judgments: Accuracy, Validity, and a Potential Underlying Mechanism. *Psychological Science*, 32(9), 1452–1462. <https://doi.org/10.1177/09567976211000308>

CHAPTERS

Michalowski, V.I., **Choi, Y.**, Pauly, T. Examining Emotions and Biomarkers of Stress in Daily Life: Intensive Longitudinal Methods. (Submitted). *Affective Neuroscience: Multimodal Methods and Protocols*.

MANUSCRIPT IN PREPARATION

Zambrano Garza, E., **Choi, Y.**, Pauly, T., Murphy, R., Linden, W., Ashe, M.C., Jakobi, J., Madden, K., Gerstorf, D., Hoppmann, C.A. (Revise and Resubmit). Solitude as a Regulatory Process: Daily and Longitudinal Effects of Solitude Activities on Well-Being. *Applied Psychology: Health and Well-Being*.

Zhu, Y., **Choi, Y.**, Na, J., Suk, H.W., & Park, J., (Revise and Resubmit). When Feeling Bad Hurts Less: The Role of Cultural Beliefs about Emotions. *Personality and Social Psychology Bulletin*.

Choi, Y., Kim, H., Na, Ji., & Hoppmann, C.A. (Submitted). Daily Goal Orientations and Personal Goal Pursuit in Adulthood: On the Importance of Cultural Regulatory Fit. *Personality and Social Psychology Bulletin*.

Choi, Y., Pauly, T., Zambrano Garza, E., Ashe, M.C., Madden, K.M., Gerstorf, D., Hoppmann, C. A. (In prep). Cultural Moderation in Emotion-Cortisol Links Among Asian vs. Non-Asian Older Adults in Canada.

Choi, Y., Zambrano Garza, E., Pauly, T., Madden, K., Ashe, M.C., Gerstorf, D., & Hoppmann, C.A. (In prep). The Intention-Physical Activity Association Depends on Culture: Comparisons between Asian and Non-Asian Older Adults.

Birthermer, S., Lee, J., Zambrano Garza, E., **Choi, Y.**, Rothermund, K., Wrosch, C., Gerstorf, D., Hoppmann, C.A. (In prep). Waking Up Younger Together: Better Sleep Quality is Linked to a Younger Subjective Age in Older Couples.

Choi, Y., Kim, H., & Hoppmann, C.A. (In prep). Autonomy over Time: Cultural Differences in Daily Desire for Solitude and Solitude Experiences.

Choi, Y., Zambrano Garza, E., Kim, H., Pauly, T., Ashe, M.C., Madden, K.M., Gerstorf, D., Hoppmann, C. A. (In prep). When the Day Throws Me Off: Out-of-the-ordinary Events and Daily Emotional Wellbeing.

PRESENTATIONS

Conference Presentation (Presenter):

- Choi, Y.,** Kim, H., Hoppmann, C. A. (2025, November). *When Social Interactions Feel Less Meaningful: Age Differences in Solitude Preference in Daily Context*. Poster accepted at the Gerontological Society of America 2025 Scientific Meeting, Boston, MA, USA.
- Choi, Y.,** Zambrano Garza, E., Lee, J., Birlhelmer, S., Gerstorf, D., Wrosch, C., Rothermund, K., Hoppmann, C. A. (2025, June). *Feeling Young and Old Together: Older Couple's Synchrony in Daily Subjective Age and the Role of Everyday Problem Solving*. Poster presented at the annual conference of the Society for Ambulatory Assessment, Leuven, Belgium.
- Choi, Y.,** Kim, H., Hoppmann, C. A. (2024, November). *Age-Related Differences in Everyday Solitude Seeking When Time With Others Feels Less Desirable*. Poster presented at the Gerontological Society of America 2024 Scientific Meeting, Seattle, WA, USA.
- Choi, Y.,** Kim, H., Hoppmann, C. A. (2024, October). *To Approach or to Avoid: Investigating Cultural Differences in Motivational Orientations, Daily Goal Pursuit, and Well-Being*. Poster presented at the 2024 APS Global Psychological Science Summit, Online.
- Choi, Y.,** Pauly, T., Zambrano Garza, E., Ashe, M.C., Madden, K.M., Gerstorf, D., Hoppmann, C. A. (2024, February). *Cultural Moderation in Emotion-Cortisol Links Among Asian vs. Non-Asian Older Adults in Canada*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Diego, CA, USA.
- Choi, Y.,** Lay, J., Lu, M., Jiang, D., Peng, M., Fung, H. H., Graf, P., & Hoppmann, C. A. (2023, November). *Age-related Differences in the Daily Experiences of Happiness: The Role of Thinking About the Future*. Symposium talk presented at the Gerontological Society of America 2023 Scientific Meeting, Tampa, FL, USA.
- * Served as a Symposium Chair
- Choi, Y.,** Giesemann, L., Zambrano Garza, E., Pauly, T., Madden, K., Ashe, M.C., Gerstorf, D., & Hoppmann C.A. (2023, August). *The Intention-Physical Activity Association Depends on Culture: Comparisons between Asian and Non-Asian Older Adults*. Oral presentation at the International Congress of Behavioural Medicine 2023, Vancouver, BC, Canada.
- Choi, Y.,** Gerstorf, D., Ashe, M.C., Madden, K.M., Hoppmann, C. A. (2022, November). *How Goal Representations Modulate Associations between Everyday Affect and Goal Pursuit among Older Adults*. Poster presented at the Gerontological Society of America 2022 Scientific Meeting, Indianapolis, IN, USA.
- Choi, Y.,** Pauly, T., Gerstorf, D., Hoppmann, C. A. (2022, June). *Everyday Associations between Solitude Duration and Affective Wellbeing during the Pandemic*. Symposium talk presented at Development 2022: A Canadian Conference on Developmental Psychology, Calgary, AL, Canada.
- Choi, Y.,** Lay, J. C., Lu, M., Fung, H. H., Hoppmann, C. A. (2021, November). *Age Differences in the Daily Experiences of Happiness and Positive Affect Correlates: Evidence from Repeated Daily Life Assessments*. Talk presented at the 2021 International Mini-Conference on Aging, Culture, and Health, Online.
- * Organized the conference with Yifan (Kate) Huang at the Chinese University of Hong Kong
- Choi, Y.,** Pauly, T., Zambrano Garza, E., Broen, T., Gerstorf, D., Hoppmann, C. A. (2021, November). *The Role of Relationship Quality for Solitude Experiences during the Pandemic*. Poster presented at the Gerontological Society of America 2021 Scientific Meeting, Online.
- Choi, Y.,** Lay, J. C., Lu, M., Fung, H. H., Hoppmann, C. A. (2021, June). *Age Differences in the Daily Experiences of Happiness and Positive Affect Correlates: Evidence from Repeated Daily Life Assessments*. Symposium talk presented at the Society for Ambulatory Assessment 2021 Conference, Online.
- Choi, Y.,** Lay, J. C., Lu, M., Fung, H. H., Hoppmann, C. A. (2021, February). *The Role of Personality for Emotional Complexity: Evidence from Repeated Daily Life Assessments*. Talk presented at the Dynamics in Personality Development Preconference of the Society for Personality and Social Psychology, Online.

- Choi, Y., Lay, J. C., Lu, M., Fung, H. H., Hoppmann, C. A.** (2020, November). *Emotional Complexity In Daily Life: On The Role Of Emotional Dynamics, Age, & Culture*. Poster presented at the Gerontological Society of America 2020 Scientific Meeting, Online.
- Choi, Y., Huh, J., Na, J.** (2020, February). *Positivity Leads to Success? Cultural Differences in Emotional Experience in Goal Pursuit*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA, USA.
- Choi, Y., Na, J.** (2019, May). *Positivity Leads to Success? Cultural Differences in Emotional Experience in Goal Pursuit*. Talk presented at the Research Symposium of Korean Social and Personality Psychological Association, Seoul, Korea.
- Choi, Y., Na, J.** (2019, February). *Two Different Routes to Success: Cultural Differences in Beliefs Regarding Success and Their Emotional Consequences*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Portland, OR, USA.
- Conference Presentation (Co-author, * indicates undergraduate mentee):
- Lewis, N. A., **Choi, Y.**, Ashe, M.C., Madden, K., Murphy, R., Linden, W., Gerstorf, D., Hoppmann, C.A. (2025, November). *Co-Exercise and Mood: The Role of Relationship Type in the Link Between Physical Activity and Positive Affect*. Symposium presentation accepted at the Gerontological Society of America 2025 Scientific Meeting, Boston, MA, USA.
- Lee, J., **Choi, Y.**, Hoppmann, C.A. (2025, November). *Older Adults' Exposure to Ageism in Daily Life – On the Role of TV, Social Media, and Neighborhood Composition*. Symposium presentation accepted at the Gerontological Society of America 2025 Scientific Meeting, Boston, MA, USA.
- Birtheimer, S., Lee, J., Zambrano Garza, E., **Choi, Y.**, Rothermund, K., Wrosch, C., Gerstorf, D., Hoppmann, C.A. *Waking Up Younger Together: Better Sleep Quality is Linked to a Younger Subjective Age in Older Couples*. Poster presentation accepted at the Gerontological Society of America 2025 Scientific Meeting, Boston, MA, USA.
- Lewis, N. A., **Choi, Y.**, Lay, J., Graf, P., Jiang, D., Mahmood, A., Fung, H. H., & Hoppmann, C. (2024, November). Purpose in life, physical activity and future thoughts: Results from daily life assessment in young and older adults. Poster presentation at the 2024 Gerontological Society of America Annual Scientific Meeting, Seattle, WA.
- Wang, L.*, Zambrano Garza, E., **Choi, Y.**, Lewis, N., Pauly, T., Murphy, R., Linden, W., Ashe, M.C., Madden, K., Jakobi, J., Gerstorf, D., Hoppmann, C.A. (2024, April), *Gender Differences in Things Worth Keeping during the COVID-19 Pandemic and Links to Well-being among Older Adults*. Poster presented at Psychology Undergraduate Research Conference (PURC) at UBC, Vancouver, BC, Canada.
- Rauf, H.*, **Choi, Y.**, Pauly, T., Gerstorf, D., Wrosch, C., Hoppmann, C. (2024, April) “*To brood or to reflect, that is the question*”: *The relationship between work hours during the COVID-19 pandemic and processes of rumination*, Poster presented at Psychology Undergraduate Research Conference (PURC) at UBC, Vancouver, BC, Canada.
- Gupta, P.*, **Choi, Y.**, Zambrano Garza, E., Lewis, N.A., Pauly, T., Gerstorf, D., Hoppmann, C.A. (2024, March), *Resilience of Healthy Neuroticism during COVID-19: Associations with Autonomy, Social Distancing and Alcohol Consumption*, Poster presented at Multidisciplinary Undergraduate Research Conference (MURC) at UBC, Vancouver, BC, Canada.
- Zambrano Garza, E., **Choi, Y.**, Pauly, T., Murphy, R., Linden, W., Ashe, M.C., Jakobi, J., Madden, K., Gerstorf, D., Hoppmann, C.A. (2023, August), *Social Resources for Everyday Physical Activity During the COVID-19 Pandemic*. Poster presentation presented at the International Congress of Behavioural Medicine 2023, Vancouver, BC, Canada.
- Yeung, J.*, **Choi, Y.**, Zambrano Garza, E., Gerstorf, D. & Hoppmann, C.A. (2023, March)., *The Role of Nostalgia and Its Associations With Eudemonic Wellbeing During the COVID-19 Pandemic*, Talk presented at Psychology Undergraduate Research Conference (MURC) at UBC, Vancouver, BC, Canada.
- Yuxiang, C.*, Zambrano Garza, E., **Choi, Y.**, Pauly, T., Gerstorf, D. & Hoppmann, C.A. (2023, March)., *Why did some individuals experience posttraumatic growth during COVID-19?*, Talk presented at Multidisciplinary Undergraduate Research Conference (MURC) at UBC, Vancouver, BC, Canada.

- Broen, T., **Choi, Y.**, Pauly, T., Zambrano Garza, E., Gerstorf, D. & Hoppmann, C.A. (2022, November), *Time-Varying Associations Between Social Interaction Modality and Positive Affect During Times of Challenge*. Poster presented at the Gerontological Society of America 2022 Scientific Meeting, Indianapolis, IN, USA.
- Zambrano Garza, E., **Choi, Y.**, Pauly, T., Gerstorf, D., Hoppmann, C.A. (2022, November), *Future Time Perspective Modulates Affective Reactivity to Social Problems During the Pandemic*. Poster presented at the Gerontological Society of America 2022 Scientific Meeting, Indianapolis, IN, USA.
- Broen, T., **Choi, Y.**, Gerstorf, D., Ashe, M.C., Madden, K.M., Hoppmann, C. A. (2021, November), *The Impact of Self- and Relation-Inferred Efficacy on Physical Activity in Older Adult Couples*. Poster presented at the Gerontological Society of America 2021 Scientific Meeting, Online.
- Huh, J., Na, J., Kang, M., **Choi, Y.**, Hwang, Y., Hong, S. (2019, February). *What Makes Koreans “Korean”? : Ethnicity vs. Nationality*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Portland, OR, USA.

Public Presentation:

Social Relationships and Health. Talk given at the Kitsilano Neighbourhood House, Vancouver, BC, Canada

RESEARCH EXPERIENCE

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| 2020–2025 | <p>PhD Student/Candidate (UBC, Vancouver, Canada; Supervisor: Dr. Christiane Hoppmann)</p> <ul style="list-style-type: none"> • <i>PARC & PARC-Q Study (Perceptions of Aging Research in Canada; Role: Graduate Study Assistant)</i>
Designed and coordinated short-term longitudinal study that investigates daily experiences of aging among older adults (n = 111) and LGBTQ+ older adults (n = 60) in Canada (n = 171 participants) • <i>CREMA Study (Culture and Regulation in Everyday Motivation and Affect; Role: Graduate Study Coordinator)</i>
Designed and coordinated short-term longitudinal study that investigates everyday goal pursuit and well-being from adult lifespan sample in Korea and Canada (n = 138 participants) • <i>Allies in Health Study (Role: Graduate Study Coordinator)</i>
Designed and coordinated short-term longitudinal study that tracks everyday healthy behaviours (nutrition intake, physical activity) and goal pursuit from community-dwelling older adults (n = 180) and their study partner (n = 180) in British Columbia, Canada (n = 360 participants) • <i>THRIVE Follow-up Study (Tracking Health and Relationships in Varying Everyday Contexts; Role: Graduate Study Coordinator)</i>
Designed and coordinated follow-up intensive longitudinal study, part of a measurement burst design (Burst 1: April 2020 – August 2020, Burst 2: April 2021 – August 2021) to track long-term effects of COVID-19 pandemic on people’s well-being in everyday lives in Canada (n = 106 participants) |
| 2018–2019 | <p>Master’s Student (Sogang University, Korea; Supervisor: Dr. Jinkyung Na)</p> <ul style="list-style-type: none"> • <i>Thesis Project: Culture and Emotional Experiences during Goal Pursuit</i>
Conducted research on cultural differences in belief about valued emotions and emotion experiences during goal pursuit • <i>Culture and Emotion Differentiation Study</i>
Collaborated with Dr. Jiyoung Park (University of Texas at Dallas) in a short longitudinal research project to set up study procedure and collect daily diary data in Korea • <i>Face-based Judgement and Expectation Effect Study</i>
Built codes to preprocess cross-classified data sets and conduct multilevel zero-inflated negative binomial analysis using statistical packages (e.g. glmmTMB) with R |

- 2016–2017 **Undergraduate Research Assistant** (Sogang University, Korea; Supervisor: Dr. Jinkyung Na)
- *Independent Study: Culture and Implicit Theory of Success*
Conducted research on comparing implicit theory of success between East Asian and American culture using online survey methods
 - Assisted graduate students with experimental design and data collection—creating stimuli for experiments (e.g. cyberball game, cropped face stimuli, fake news articles, video clips, etc.), scheduling participants, and conducting lab experiments

TEACHING & CONSULTING EXPERIENCES

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| 2025 | Guest Lecture for SFU GERO 413 Sexuality and Aging (Instructor: Dr. Theresa Pauly)
Title: <i>Sexuality and Views on Aging</i> (November 26, 2025) |
| 2024 | Teaching Assistant (Term 2) for UBC PSYC 307 Cultural Psychology (Instructor: Dr. Steven Heine) |
| 2024 | Teaching Assistant (Term 2) for UBC PSYC 322 Psychology of Aging and Adult Development (Instructor: Dr. Mark Lam) |
| 2023 | Graduate Student Statistical Consultant, UBC Psychology Department |
| 2022 | Teaching Assistant (Term 2) for UBC PSYC 322 Psychology of Aging and Adult Development (Instructor: Dr. Mark Lam) |
| 2021 | Teaching Assistant (Term 2) for UBC PSYC 304 Health Psychology (Instructor: Dr. Christiane Hoppmann) |

ACADEMIC SERVICE & MENTORING

Canadian Institutes of Health Research

- 2026-2027 CIHR Doctoral Research Awards Committee

Gerontological Society of America

- 2026 Behavioural and Social Sciences Section – Annual Scientific Meeting Program Panel
2025 2025 Annual Scientific Meeting – Abstract Review

University of British Columbia

- 2023-2024 Psychology Department Faculty Search Committee (Role: Graduate Student Representative)
2023-2024 Psychology Undergraduate Research Conference (Role: Graduate Student Judge)
2022-2023 Green College Resident Member Series Committee
2022 Green College Academic Committee

Journal Peer-Review

- 2025 Applied Psychology: Health and Wellbeing; Ethnicity and Health
2020-2024 Journals of Gerontology, Series B: Psychological Sciences and Social Sciences; Psychology and Aging; Health Psychology; Applied Psychology: Health and Wellbeing; Emotion; Social Psychological and Personality Science (Peer-review in training advised by Dr. Christiane Hoppmann)

Conference Organization

- 2021 International Mini-Conference on Aging, Culture, and Health (UBC Health and Adult Development Lab & CUHK Motivation and Emotion Lab)

Mentoring

- 2023-2024 Undergraduate Directed Studies: Sebastian Ponce, Puloma Gupta, Huda Rauf, Marina Wang
2022-2023 Undergraduate Directed Studies: Jack Yeung, Irene Savi, Matthew Peng, Jasmina Cui

2021-2022 Undergraduate Directed Studies: Kevin Wang, Michael Min
 2020-2021 Undergraduate Directed Studies: Melody Shayanfar, Alexandra Yam, Mali McHugh

WORKSHOPS ATTENDED

2023 **Standpoint Theory Workshop** at Green College and the Department of Philosophy, University of British Columbia

2023 **Contemporary Mixed Methods Research for Behavioral Scientists** at International Congress of Behavioral Medicine 2023

2022 **UBC Psychology Diversity Mentorship Program**

2021 **Modeling and Analyzing the Dynamics of Motivation, Affect, and Social Interaction**, SPSP Summer Psychology Forum (Attendance supported by UBC Psychology Health Area)

2021 **Analysis of Intensive Longitudinal Data: Experience Sampling and Ecological Momentary Assessment**, APA Advanced Training Institute (Attendance supported by UBC Psychology Health Area)

2020 **Growth Modeling: Growth Mixture Models and Nonlinear Models**, Quantitative Psychology Lab at Sogang University

- Attended weekly workshop to learn advanced models in growth modeling using R and Mplus

2019 **Multilevel Modeling Using R**, Quantitative Psychology Lab at Sogang University

- Attended weekly workshop to learn multilevel analysis using R

2019 **Intro to R**, Quantitative Psychology Lab at Sogang University

- Attended weekly workshop to learn basic R skills to pre-process complex data sets and basic statistical analysis

MEMBERSHIPS

The Gerontological Society of America
 The Society for Ambulatory Assessment
 The Society for Personality and Social Psychology